

# Student Learning Map

Grade/Course: 10<sup>th</sup> grade Health Unit: Quackery/Consumer Health

**Key Learning:** Many companies produce popular products that can be harmful to one's health.

**Unit Essential Question:**  
What are the dangers in using unproven health products?

Lesson Topic 1: Quackery	Lesson Topic 2: Advertising	Lesson Topic 3:
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Lesson Essential Questions:  What is consumer health?  What is meant by the term quackery?  What health care products to you currently use? Are they considered healthy?	Lesson Essential Questions:  How do companies make their products look attractive?  What types of advertising techniques are being used?  How can we be healthy consumers?	Lesson Essential Questions:
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Vocabulary Quackery, FDA, USDA, product, service, fraud	Vocabulary: Labels, consumer, choices, responsible, endorsements, repetition, claims, association, bandwagon, promotions	Vocabulary:
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**Note:** For more concepts, use this same template but change Lesson Topic #. Remember to save new unit files under a different name.

# Student Learning Map

Grade/Course: 10<sup>th</sup> Grade Health

Unit: Fitness

Key Learning: Fitness is a major component of lifelong health and wellness

Unit Essential Question:  
What is the importance of fitness in our daily lives?

Lesson Topic 1:  
Benefits and components of fitness

Lesson Topic 2:  
Types of fitness and training

Lesson Topic 3:  
Exercise related injuries and prevention

Lesson Essential Questions:  
How do we benefit from fitness?  
What makes up fitness?

Lesson Essential Questions:  
How can I train to meet a specific goal?  
What should a typical workout look like?

Lesson Essential Questions:  
What injuries can occur when being physically active?  
What is the best way to treat and prevent injuries?

Vocabulary  
Physical, social, mental, risk, prevention, cardiorespiratory, flexibility, strength, endurance, body composition, body mass index, dynamic, static, ballistic

Vocabulary:  
FITT (frequency, intensity, time, type), aerobic, anaerobic, target heart range, warm up, workout, cool down, repetitions, sets

Vocabulary:  
Sprain, strain, fracture, tendonitis, stress, RICE, tendon, ligament, bone, hydration

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# Student Learning Map

Grade/Course: 10<sup>th</sup> Grade Health Unit: Relationships/Dating

**Key Learning:** Relationships make up a large part of our lives and everyone deserves healthy relationships.

**Unit Essential Question:**  
What are the components of a healthy relationship?

**Lesson Topic 1:**  
Types of relationships

**Lesson Topic 2:**  
Communicating in a relationship

**Lesson Topic 3:**  
Dating, sex, abuse and violence

**Lesson Essential Questions:**

What types of relationships exist?  
What are the components of a healthy relationship?

**Lesson Essential Questions:**

What are the proper ways to communicate in a relationship?

**Lesson Essential Questions:**

What are some red flags of abuse?  
How common is violence in relationships?  
How can we avoid dangerous situations when dating?  
How does sex change a dating relationship?

**Vocabulary**

Friends, acquaintances, steady, casual, trust, respect, honesty, communication

**Vocabulary:**

Aggressive, assertive, passive, I-statements, you-statements, eye contact, posture, active listening, non-judgemental

**Vocabulary:**

Abstinence, boundaries, attachment, physical, mental, emotional, rape, date rape, violence cycle

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# Student Learning Map

Grade/Course: 10<sup>th</sup> Grade Health Unit: Sexually Transmitted Diseases

**Key Learning:** STDs are extremely prevalent among teenagers and are difficult to detect unless you receive proper testing.

**Unit Essential Question:**  
Why are STD's so common among teenagers and how can we avoid them?

Lesson Topic 1: History and background on STD's	Lesson Topic 2: Types of STD's	Lesson Topic 3: STD consequences and prevention
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Lesson Essential Questions:  What are STD's?  How are STD's acquired?	Lesson Essential Questions:  What types of STD's exist?  What are the characteristics of specific STDs?	Lesson Essential Questions:  What long term effects can result from STD's?  How can STD's be prevented?
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Vocabulary Pathogen, sex, oral, anal, vaginal, abstinence, contraceptives, skin to skin contact, breast milk, blood, semen, vaginal fluid	Vocabulary: Virus, bacteria, Herpes, Genital Warts, Chlamydia, HPV, gonorrhea, Pubic Lice, Trichomoniasis, Syphilis, HIV, AIDS, itching, burning, discharge, pelvic pain, spotting, infertility	Vocabulary: Pelvic inflammatory disease, immune system, infertility, AIDS, ectopic pregnancy, hysterectomy, cervical cancer, abstinence, contraceptive effectiveness, monogamous
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